Everyday our nation's capitol is swirling with activity and debate over issues critical to our communities. From legislation aimed at creating jobs to plans to reduce our national deficit, it is important that our communities stay informed and engaged in each one of these debates.

To help keep you up to date on what's going on in Washington, I invite you to follow me on Facebook and Twitter—two great forums for quick information and to share your thoughts and opinions.

You can join the conversation on Facebook by following me at www.facebook.com/samfarr .

And you can find me on Twitter at www.twitter.com/repsamfarr or @RepSamFarr.

I believe communication is the cornerstone to a good democracy, and I look forward to keeping our channels of communication open.